



Migrant death toll climbing off Italy's coast

Divers find more bodies of asylum-seekers from Eritrea PAGE7

IS MASH FINALE FAIR GAME YET?

SPOILER ALERT: IF YOU'RE SEASONS BEHIND ON YOUR FAVE SHOW, YOU'RE NOT GOING TO LIKE THIS COLUMN PAGE 14





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Thirty-seven candidates for city councillor and three for mayor submitted just shy of 10,000 words in total as part of a survey conducted by TransitCamp YYC in partnership with Metro ahead of the Oct. 21 municipal election. Above is a word cloud detailing the most commonly used terms in the aggregated responses. All this week Metro will be examining what candidates had to say to each of the five questions.

ROBSON FLETCHER/METRO USING TAGULLOM

Most city-council candidates aren't avid transit users

Part 1 of 5. Each day this week, Metro will exclusively examine candidates' responses to a TransitCamp YYC survey



ROBSON FLETCHER robson.fletcher@metronews.c

Calgary's next city council is set to make major decisions regarding the future of transit, but most of the candidates running say they ride the bus or take the C-Train a few times a month, at most.

That's according to a fivequestion survey carried out by TransitCamp YYC, a nonpartisan citizen-action group dedicated to improving public transit in the city. Of the 49 candidates running for city councillor, 37 responded to the survey, including all incumbents.

Of those respondents, 12 said they take transit several times a week or more and four said they ride about once a week.

Of the remaining 21, five said they take transit one to three times a month, nine said they ride only on occasion, and seven responded with "rarely," "not often" or similar answers.

Ward 7 candidate Brent Alexander, who said he typically uses transit four days a week, thinks it's "very important" for municipal politicians to ride regularly.

"If you don't have that firsthand knowledge, you have no idea and understanding why something is convenient, why something doesn't work," he

Ward 4 incumbent Gael

MacLeod, however, said she rides "not often" but "often enough to know what it's like."

"I know what it's like to get on a crowded bus and I know what it's like to watch those buses go by when they're full," she said, noting that transit congestion is one of the major issues in her area.

Ward 1 candidate John Hilton O'Brien said regularly riding transit carries value for local politicians.

"Taking transit forces you to talk to actual people, rather than lobbyists," he said.

But Ward 5 incumbent Ray Jones, who uses transit "once or twice a year," said his car is the most effective method to go directly to constituents when they have a concern.

"When I get a complaint, I'll come up and look at it, rather than having them explain it on the telephone," he said

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NEWS
03

Parking authority

Most tickets appealed for 'flood-related reasons' waived

Hundreds of parking tickets slapped on Calgary residents coping with the fallout of June's historic flood have been waived.

The Calgary Parking Authority said roughly 1,200 tickets issued in July were appealed for "floodrelated reasons" — about 10 per cent of the total handed out citywide that month. Of those, 95 per cent were cancelled.

"Typically, what we saw was that private parkades were flooded, individuals were allowed to come back to their homes but they had to park on street,' explained Miles Dyck, authority manager of parking enforcement. "There simply wasn't enough on-street (parking) to accommodate the demand.... Where we were concerned was with the safety violations (parking in no-stopping zones, blocking driveways, etc.). We were as lenient as we could be on the other types of infractions.'

The authority also issued 1,200 temporary parking permits for flood victims, and Dyck said some of those remain in effect in hard-hit areas like Mission and Erlton, where certain parkades have yet to reopen. In all, the 12,000 tickets issued citywide in July was down 40 per cent from typical numbers, largely because the parking authority limited enforcement in areas impacted by flooding. Dyck said tickets can be appealed online at calgaryparking.com until the date of the first court appearance, which is written on them. JEREMY NOLAIS/METRO



More speed-on-green cameras? 'Let's do it'

Speeders beware.

Annual number of fines issued has repeatedly increased since tech introduced in 2009



JEREMY NOLAIS jeremy.nolais@metronews.o

Election candidates across Calgary are gearing up talks on how to improve traffic safety and some are signalling they would favour rolling out more speed-on-green cameras at intersections.

"I'm not saying that all we

should be doing is putting cameras everywhere, but in areas where it concerns public safety and it's far better to have a camera there, let's do it and get it done with," said Ward 12 incumbent Shane Keating, who sits on the Calgary Police Commission board and recently told the crowd at an election forum that he sees no issue with the "Big Brother" approach to fighting crime.

In 2009, the commission approved the use of the speed-on-green technology, which essentially modifies a red-light camera to also nab motorists flying through intersections above the posted limit, and currently 44 devices are moved

around intermittent- to high-collision areas.

Ward 13 incumbent Diane Colley-Urquhart, who sits alongside Keating on the commission board, could not be reached for comment Sunday, but challenger Adam Frisch said he's witnessed the cameras work as a speed deterrent for heavy-footed travellers.

Frisch acknowledged critics who claim the technology does more to bolster city coffers than aid in reducing collisions, but said he doesn't buy that thinking and would support adding more cameras. "If people don't want it to be a cash cow, they just should go the speed limit and they're fine," Frisch said.

30 km/h speed limit for all?

Ward 12 incumbent Shane Keating also said he's willing to discuss reducing speeds on residential streets to 30 km/h something community advocates have been calling for in recent weeks — but said, unlike the speed-ongreen cameras, that move affects all drivers, not just the ones with lead foots.

In 2012, the total number of speed-on-green tickets issued jumped 24 per cent to 123,284 when compared with the year prior.



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Superstore workers hit picket lines across Alta.



Strike. Negotiations ongoing over wages and employee hours

GLENN KELLY

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Roughly 8,500 Superstore employees across Alberta put down their aprons Sunday and took up signs in protest against parent company Loblaw.

United Food and Commercial Workers (UFCW) Local 401 called for the strike after negotiations failed, largely over employee hours and wages.

"There are real working Albertans here who are being asked to take a 30 per cent wage cut and their hours have been slashed and they can't make a living," UFCW Local 401 negotiator Tom Hesse said.

"They're drawing prosperity out of Alberta while selling

their products to Albertans and most people, frankly, think that's wrong."

Hesse and other union members allege understaffing has led to stores falling into disarray and could compromise food safety.

Loblaw spokesperson Julija Hunter, however, said the company has reached tentative deals with UFCW Local 832 in Manitoba and Local 1400 in Saskatchewan over the same issues.

"We feel that we are making progress at the bargaining table and we continue to negotiate in good faith. We are hopeful of reaching a settlement in the near future that reflects a sustainable business model needed to support our colleagues and serve our customers," Hunter told Metro in an email.

"We respect the union's right to demonstrate, and we hope that they are respectful and peaceful in their approach," she added.

CCSD. Trustee candidate wants to pool some funds raised by schools

Calgary Catholic schools should pool a portion of the funds they raise to aid fellow students and families in communities struggling to afford playgrounds, computers and other equipment, says a trustee candidate.

Torr Haglund, who's aiming to take the Calgary Catholic School District seat representing wards 1, 2 and Cochrane, said that if elected he would bring forward a motion in his first year that required schools to donate 10-15 per cent of their fundraising dollars to a general pool.

The thinking, according to Haglund, is that money could then be used to "make a big difference" in "have-not" schools.

"If they're kicking in 10 per cent it's not going to impact their programs at all," he said. "A lot of these schools are already well into the black in terms of what they have in their budgets."

But area incumbent Serafino Scarpino was quick to point out that some communities have already signed on with a



"buddy school" that receives a portion of its fundraising dollars. As well, he pointed to the Calgary Catholic Education Foundation, a charitable organization started by volunteers in 2009 to spearhead moneyraising initiatives, as proof that progress is already being made towards achieving Haglund's goals.

"I think what we have right now is working quite well ... the kids are really enthusiastic about helping out their less fortunate friends," Scarpino said. IRREMY NOLAIS/METRO







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Hopley. Convicted child abductor faces dangerous offender hearing

Convicted sex offender Randal Hopley said at a sentencing hearing last year that he abducted a three-year-old from his home in an effort to get back at the justice system.

On Monday, the Crown plans to argue Hopley should never again get that chance.

It was a kidnapping case that bordered on the miraculous when, two years ago, little Kienan Hebert was returned unharmed to his home just as mysteriously as he had disappeared several days earlier in September 2011.

A massive manhunt for the child's abductor ensued and several days later Mounties arrested 47-year-old Hopley near the B.C.-Alberta border.

On Monday, Hopley will appear in B.C. Supreme Court, where a judge is expected to



hear arguments all week on whether the man should be designated as a dangerous or a long-term offender.

Justice Heather Holmes ordered a psychiatric assessment last year.

THE CANADIAN PRESS

Collision

Woman dies in vehicle rollover near Morley

RCMP are investigating after a fatal rollover left one woman dead on the Morley reserve. Officers were called to the single-vehicle collision on Highway 1A, near the Goodstoney Rodeo Grounds, shortly after 8 a.m. Sunday. A cause has yet to be determined and the victim's identity yet to be released. METRO

Breast cancer

Calgary's runners raise \$1.33M for the cure

A total of 7,781 participants gathered at Southcentre Mall Sunday for the CIBC Run for the Cure, raising more than \$1.33 million in the process. Participants ran or walked a five-kilometre route in the 22nd annual event. The money raised will help support breast cancer research. METRO



Unsolved murder.

Police identified four persons of interest in woman's stabbing, but no arrests have yet to be made

GLENN KELLY

.**L I** rv@metronews.c

It was six years ago that Jackie Crazybull was stabbed

to death on Calgary's 17th Avenue S.W., the lone death in a spree of violence that shook the Beltline to its core.

Crazybull was one of five people stabbed the night of July 11, 2007.

She had been out for a bite to eat with her cousin on the popular strip and offered directions to a vehicle that pulled up beside the pair on 11 Street, at which point she was stabbed and her attackers fled, leaving her to bleed out on a bus

bench. She was 44.

On Sunday, her family, friends and strangers banded together, marching in her memory with the "Justice for Jackie" peace walk, against such senseless acts of violence.

"Had we not done the walk, she could of easily been associated as a statistic," says Sandra Manyfeathers, Crazybull's sister. "But with the walk, we're able to give the public a story of a woman who was a mother, a sister

and a grandmother."

As native drums pounded with every step, Crazybull was remembered by supporters Sunday, who walked to that fateful corner, holding a moment of silence in her name.

The annual vigil will continue every year, said Manyfeathers, until those who took her sister's life have been brought to justice.

"We walk to bring dignity to a woman that was deserving of it," she said.



There are NEW Voter ID requirements for the municipal elections.

Upcoming municipal elections on October 21 across Alberta offer a chance to vote for the future of your community. New Voter ID requirements mean you'll need to bring proper identification to be able to vote. Check with your municipality about local requirements.

Albertan Government

Visit alberta.ca or call toll-free 310-0000 then 780-427-2225 for more information.

Italy looks to Europe as migrant boat **bodies** found

President of **Argentina ordered** to rest after brain

injury discovered

Buenos Aires

President Cristina Fernandez's government was in uncharted territory Sunday after doctors ordered the Argentinian leader to take a month's rest because they found blood on her brain from a head injury.

While experts called the prescription good medicine, it could prove politically risky for her to leave the campaign trail just three weeks before nationwide elections determine control of Congress. Fernandez has stumped hard for her party's candidates, and both pro and opposition forces have focused on her central role managing the government and economy.

THE ASSOCIATED PRESS

Washington D.C.

Boehner rules out debt limit hike without Obama concessions

The United States moved closer to the possibility of the first-ever default on the government's debt Sunday as Speaker John Boehner adamantly ruled out a House vote on a straightforward bill

to boost the borrowing authority without concessions from President Barack Obama.

With no resolution in sight, Treasury Secretary Jack Lew warned that Congress is "playing with fire" as he called on lawmakers to quickly pass legislation re-opening the government and a measure increasing the nation's \$16.7 trillion debt limit.

THE ASSOCIATED PRESS



Lampedusa tragedy.

Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

Divers recovered 70 more bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be mis-

European partners

"The Mediterranean cannot remain a huge cemetery under the open skies."

French Foreign Minister Laurent Fabius

sing, trapped in the wreckage below the surface.

Italy has been receiving signs of solidarity from its European partners. French Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that both France and Italy have asked that the subject be placed on the agenda of Tuesday's EU interior ministers' meeting.

The boat sank Thursday after passengers panicked by flames set to draw attention bolted to one side of the boat, capsizing it. THE ASSOCIATED PRESS



Eligible electors can vote at the Advance Voting Station of their choice from Oct. 9 - 13 and Oct. 15 - 16from noon to 7:00 p.m., except Sunday, which is noon to 5:00 p.m. A list of Advance Voting Stations and other information is available at:

calgary.ca/election **YYC Vote mobile app** 403-476-4100 (option 2)

New for 2013

As a pilot project, an Advance Vote bus will be stationed at select LRT stations across the city from 6:30 a.m. to 9:30 a.m. and from 3:30 p.m. to 6:30 p.m. weekdays. Eligible electors can vote on the Advance Vote bus while on their commute. Authorized ID is required to vote.

The Advance Vote bus will be stationed at the following locations:

Wednesday,	6:30 a.m. – 9:30 a.m.	69 Street Station
Oct. 9	3:30 p.m. – 6:30 p.m.	Brentwood Station
Thursday,	6:30 a.m 9:30 a.m.	Somerset/Bridlewood Station
Oct. 10	3:30 p.m. – 6:30 p.m.	Saddletowne Station
Friday,	6:30 a.m. – 9:30 a.m.	Marlborough Station
Oct. 11	3:30 p.m. – 6:30 p.m.	Chinook Station
Tuesday,	6:30 a.m 9:30 a.m.	Crowfoot Station
Oct. 15	3:30 p.m. – 6:30 p.m.	Heritage Station
Wednesday,	6:30 a.m. – 9:30 a.m.	McKnight/Westwinds Station
Oct. 16	3:30 p.m. – 6:30 p.m.	Westbrook Station

Vote 2013

The Advance **Vote bus** coming to an LRT station near you.







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Canadians freed from jail as violence erupts in Egypt

Unexpected release.

Tarek Loubani and John Greyson awaiting papers to come home, while at least 50 killed in latest clashes

The two Canadians released from a jail in Cairo early Sunday are recuperating in a hotel after their painful collision with the upheaval in Egypt.

Tarek Loubani, an emergency-room doctor from London, Ont., and Toronto filmmaker John Greyson are "resting and getting acclimatized" to their unexpected freedom while waiting for travel documents to come after their seven-week ordeal, said Greyson's sister.

Cecilia Greyson, who was in Toronto on Sunday to get ready for their eventual return, said no travel plans have yet been made and that the two men were "getting back to eating solid food slowly, under a doctor's supervision."

They had staged a hunger strike toward the end of their detention, living on juice and water for two weeks.

The Associated Press reported the pair were prevented from flying out of Cairo after their names appeared on a "stop-list" issued by prosecutors; the news agency attributed the information to airport officials.

Tarek and Greyson were arrested Aug. 16 during a day of bloody clashes between security forces and supporters of the Muslim Brotherhood.

By coincidence, their release Sunday came as similarly bloody clashes broke again across the country, with at least 50 people reported killed by nightfall.

TORSTAR NEWS SERVICE



Anaya. UN to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments into action by bringing unacceptable conditions to light.

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS





PQ asks Russia to give clemency to activists

Quebec is wading into international waters, calling for clemency from the Russian government in the case of Greenpeace activists arrested during a protest last

Jean-Francois Lisee, the Parti Québécois govern-ment's minister of international relations, is asking for clemency in the case of a Quebec resident held in Russian prison.

The crew of the seized Greenpeace ship Arctic Sunrise includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont. They could each face a 15-year prison term on charges of piracy.

Lisee said he's contact Canada's consular services and is putting pressure on the federal government to do more.

Not so funny, actually

Culprit dubbed 'poopetrator' at a Yale college

Yale University hopes to solve a case of whodungit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers.

The culprit is being blamed for at least four incidents in the past month in the laundry room at Saybrook College. The Yale Daily News reports that Saybrook students are angry and have begun standing watch.

THE ASSOCIATED PRESS

Piracy charges 'absurd': Greenpeace

Russia seized Arctic Sunrise after a Sept. 18 protest at a Gazprom oil drilling platform located in the Arctic circle, charging all 30 on the boat with piracy.

- Alexandre Paul's mother has urged the federal government to get more involved in the case.
- Nicole Paul said she found the charges against her

charge of piracy, which car-

ries a possibility of 15 years

35-year-old son excessive, given that his goal was to raise awareness about environmental issues.

- Greenpeace denies any wrongdoing and describes the charges as absurd.
- On Saturday protests were held in a handful of Canadian cities as part of a day of action against the

He said he's hoping to meet with Foreign Affairs Minister John Baird in the vigil. coming days. "The legality of the arrest is questionable, and especially the

ated," Lisee said in a speech late Saturday at a Montreal

Russia seized Arctic Sunrise after a protest at an oil drilling platform located in the Arctic circle, charging all 30 on board with piracy. THE CANADIAN PRESS



Relay to Sochi underway

Russian President Vladimir Putin smiles while lighting the Olympic flame with a torch at Red Square, Sunday. The four-month relay to Sochi for the Winter Games has begun. IVAN SEKRETAREV/THE ASSOCIATED PRESS



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Rogers. Customers are sharing their location with the company in exchange for deals

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Fours-quare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England,

What's next, mind meld?

"What geotargeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.

location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they are near specific

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut. THE CANADIAN PRESS

Malaysia's oil and gas co.

Harper greeted by \$36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Àsia-Pacific leaders' summit Sunday bearing what could be called a \$36-billion vote of confidence from Malaysia's state-owned oil and gas company.

Malaysia's prime minister said the country's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it. THE CANADIAN PRESS





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New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

"It's a very competitive market, no question about it," Sobeys president and CEO Marc

- Sobeys has launched a partnership with British celebrity chef Jamie Oliver designed to encourage Canadians to eat healthier.
- Loblaw is following a similar approach with the launch of Nutshell Live Life Well, a health food test store that will open in downtown Toronto.

Poulin said. THE CANADIAN PRESS

metronews.ca Monday, October 7, 2013 **BUSINESS** 11

PUT MUSIC AND ARTS ON PAR WITH SPORTS

Earlier this month our city lost a music institution that was a vital place for young people to hone their chops in a safe, creative way.

The New Black Centre in Inglewood closed its doors after six years of hard work and countless hours of shows. As far as allages venues go, The New Black was the city's longest-running spot. And considering its run was just over a half-decade, that really says something about how we feel about kids and music in Calgary. It's incredible how much emphasis we

put on sports programs for kids, but when it comes to facilities for music or art,

there's no comparison.

Take a look at all of the soccer fields, skating rinks and baseball diamonds in our city. How many places are there for kids to play and learn about music that even come close to the places in our city for young people to be



James Callsen

Now don't get me wrong, I'm 100 per cent in favour of kids being active. In addi-tion to the health benefits, the friends you make and the lessons you learn about teamwork, dedication and success are invaluable

In fact, if I had spent more time playing a sport instead of playing my guitar, I might have developed healthier habits ear-lier in my life. However, what about the lessons and skills that come from learning music or art? Surely it has to have the same value as sports?

As a teenager, if you want to play hockey with your friends, it's pretty easy. You grab your gear, head to your outdoor rink and get down to it. If

you're in a band? Totally different story. If you're lucky, you have parents who will let you play at their house (usually the drummer's mom and dad. To parents of drum-

The New Black Centre supported youth in the music scene

You can't just go to a park, plug in your amps and get to it. And there's certainly nothing on par with a rink for you and your group to book time in a safe and supervised space to pursue what you love.

mers everywhere, thank you).

Failing that, you're almost out of luck. You can't just go to a park, plug in your amps and get to it. And there's certainly nothing on par with a rink for you and your group to book time in a safe and supervised space to pursue what you love.

Without non-profit volunteer-driven facilities (without government help) like the New Black, there aren't

As our city starts to pay more attention to the arts, we need to think about where it all starts.

ZOOM

Pass a thousand tonnes of salt



Abundance of salt in **Greece** is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. THE ASSOCIATED PRESS

In good taste

110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.



WE ACT: CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left). Where: Calgary, Alta. What: Founded club one twenty, dedicated to making

120 community improvements and co-founded a local recycling plant. **Why:** To reduce our ecological

footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop

tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own

deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations. You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the **future?** "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders.'

VE WANT TO HEAR FROM YOU: Send us your comments: calgaryletters@metronews.ca



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SCENE

Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

Rosebud is a sled.
So goes the ending of the 1941 Orson Welles classic Citizen Kane, spoilers be damned!
Revealing count and the state of the state

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through cinema, straignt through VCRs to today's DVR-fuelled delays that led to much nail-biting over The Ending That Shall Not Be Spoiled on Breaking Bad.

on Breaking Bad.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constituted when discounting the spoile of the control of the c pated when discussing our favourite fare in real time?

Does the 13-episode Net-flix dump of Orange is the New Black in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say Dexter's eight to Breaking Bad's five?

Or is it up to the unspoiled viewer to avoid so-cial media or catch up? Get

"I think asking people not to spoil for some rea-sonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is



an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential

spoilers - is what 21st-century etiquette might advise. At least that's what the rag-

ers who decry spoilers on social media hope for. Marketer Kim Puck-ett in Indianapolis thinks we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook

that aren't easy to escape.
"Unfortunately, specific
status updates on key plot

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valu-
- Judith Martin, who writes the Miss Manners columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading Moby-Dick and The Golden Bowl, even though I know perfectly well what is going to happen."

points might be banned for-

ever," she said.
But in other contexts,
Puckett said, "as soon as the
show ends, office and social talk should be allowed about the show.

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of The Killing or halfway through Sons of Anarchy?"

Justice is on the side of those who want to blab on Twitter or Facebook, ac-cording to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book New New, Media.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertainment is beyond me."

He harkened back to buzz over The Crying Game and Dil's reveal as a transgender woman, along with The Sixth Sense and the Bruce Willis character be-ing dead. And there was grumbling over spoiling the purgatory at the end of Lost, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like Lost, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in propose.

"posting a million times, 'Don't spoil anything for me, don't spoil anything for me."

Walk away from Face-book, shut down Twitter if you have to, she said.
"If you're not living in

the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely

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The drama has just begun for Dana Brody

Troubled times.

Actress Morgan Saylor says her character will be facing even more trouble in the new season

MEREDITH **ENGEL**

Metro World News in New York

Morgan Saylor is cheery when we get her on the phone, which, we have to admit, surprises us a little, given the fact that when we saw her character last week, she had (spoiler alert!) tried to kill herself.

'I'm not as depressed in real life," says the 18-year-old, who plays Dana Brody on Home-

As the daughter of is-he-orisn't-he alleged terrorist Nicholas Brody on the runaway Showtime hit, Saylor's character has undergone a lot in the past two seasons: allegations against her father, an accidental hit-andrun, the death of her boyfriend and, as we saw last week, a stint in rehab for a suicide attempt.

And according to Saylor, the drama's only just begun.

Now in its third season, the show - which has won six Emmys and five Golden Globes in the two years it's been on — is dealing with the aftermath of a deadly explosion that left many supporting characters dead in the season two finale. Saylor says she was just as riveted by that episode as fans were.

'I remember reading it and freaking out," she says.

"I really, really did. I thought it was such a brilliant script.

"I remember I texted Morena (Baccarin), who plays my mom, and I was like, 'We are on the best show on TV,' because I was so amazed by this script. And she texted back, 'Are you drunk?' She thought I was just being weird and nostalgic.'

Saylor doesn't offer too many hints into what we can expect in this new season

which she calls "really, really intense."

She's about 10 episodes ahead of the general public and coyly tells us, "It's finally all spreading out.

It's very exciting," she adds. But back to the present: This season, she says, the characters will be "picking up the pieces that were left after the explosion," an incident that was "especially hard on Dana.'

This Sunday's episode focuses heavily on her character, as Dana juggles new experiences of heartache, loss, love and lust.

"She needs someone who understands what she's (going through)," Saylor says of her new beau, played by Dexter alum Sam Underwood.

"As if being a teenager isn't

When Homeland heroine Claire Danes took home the best actress in a drama Emmy this year for her work as bipolar CIA agent Carrie Mathison, the cast joined Danes in celebrating after the awards, Saylor tells us.

"We all went to the Govern-

"We scarfed down some food, which was nice. Then I went to an after-party. It was

"It's always fun to hang out with everybody because I don't work that much with Damian or Claire, so it's a fun atmosphere to hang out with the

The young star is content to keep as normal of a life as possible when she's not filming.

She went to her prom this year and plans to study math at the University

just being weird and nostalgic."

"I remember I texted Morena (Baccarin), who plays

my mom, and I was like, 'We are on the best show

on TV.' because I was so amazed by this script. And

she texted back 'are you drunk?' She thought I was

Morgan Saylor on how riveted she was by reading the season two finale

of Chicago, which she'll attend starting next September. (She deferred her accept-

ance by a year.) But juggling the show with

her regular life means she's had to sacrifice a lot of sleep. "The very first day of shoot-

ing this year, I had to work super long hours; it was exhausting," she says. "But then I drove home that

night to Atlanta, I got there at "I had graduation practice

the next day at 8 a.m., and then graduated that night. "Then I had to go back to

Charlotte for work.' As Saylor would say: "As if being a teenager isn't enough!" In Canada, Homeland airs Wednesdays on Bravo.

All in the family

The relationship Saylor has with her TV parents, Damian Lewis and Morena Baccarin. is much less hostile than the one that plays out on TV, the actress tells us. In fact, she stays at Baccarin's L.A. pad whenever she's in the neighbourhood, and the mother-daughter duo even lived together when Homeland filmed in Charlotte, N.C. And even though her TV dad "hasn't been around much this season," she says, "I know that he loves me a lot." "I was telling Damian just the other day about school," says Saylor. "He was asking about it be-cause I hadn't seen him in a while and he looked so proud. It was very sweet."

Morgan Saylor stars in Homeland.

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metr⊕ **SCENE**

Going behind the Dallas grassy knoll

New movie. Giamatti plays Zapruder in new behind-the-scenes Kennedy assassination flick Parkland

When Dallas businessman Abraham Zapruder set up his Bell and Howell home movie camera to film President Kennedy's visit, he had no idea he would capture the most examined piece of film footage in human history.

In the 26.8 seconds of footage, Zapruder captured the passing motorcade and then the deadly shot to the president's head, which happened right in front of his camera.

Abraham Zapruder was never the same after that.

Paul Giamatti plays the unlikely documentarian in the new film Parkland, which opened in limited release on Friday as November's 50th anniversary of the assassination approaches.

The film recounts the



chaotic events that occurred in and around Parkland Hospital after the president was brought there with hopes of saving his life.

One of the film's plot threads centres around the Secret Service investigation,

which leads to Zapruder's 8mm film.

"His eyes literally see the thing," Giamatti says of Zapruder's film.

We learn that Zapruder and the Secret Service scrambled around Dallas to find someone that knew how to process the film, as well as the fickle nature of the amateur format (it's actually 16mm film that exposes half the frame on each side). After the film is processed, there's some earlier family footage

captured before the historical sequence from Dealey Plaza.

In an interview at the recent Toronto Film Festival, Giamatti said he felt a great deal of sympathy toward Zapruder, and he saw the essence of portraying the immigrant garment manufacturer was to channel how haunted he was by the ordeal.

"He's this kind of inadvertent witness of the whole thing that I think he felt guilty about filming this thing, witnessing it the way he did. He felt shame and guilt and things like that. You weren't supposed to see this and he made everybody see it," Giamatti said.

But playing him wasn't that easy because Zapruder was not well known enough in public to easily understand his mannerisms.

"He's not known as a person so I have a lot of latitude because nobody knows. But it's a good opportunity. It's a fun role to be able to do that," Giamatti said.

He added: "I definitely felt a certain pressure, a certain responsibility that I'd never

felt before to the guy because he really was not a man asking for any of this crap in his

The Zapruder film has contributed to much speculation.

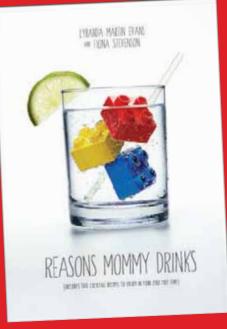
"I always think conspiracy theories are more comforting to people. It explains and gives it a narrative whereas if you let it sit, it doesn't make any sense. ... It's definitely more than a murder mystery. It's for a lot of people who are into the conspiracy stuff. It's saying something about a kind of moral rot in the country," Giamatti said.

Based on the book Four Days in November: The Assassination of John F. Kennedy, the film weaves the perspective stories of ordinary citizens, including the unlikely predecessor to what we know today as viral video.

The Zapruder film was the beginning of what we think of almost as social media, you know? When imagery goes viral it takes on a meaning that transcends itself," said Parkland director Peter Landesman.

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Pop Goes The Week

It's wall good for Bieberin China and Lohan has parents banned



While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina

Lohan are banned from the set of daughter Lindsay Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that exhusband Sonny's ghost visits her and occasionally pulls a prank on her.

A new cellphone game will feature Vladimir Putin fighting an army of zombies. No, it's not called The Walking Red.

Katy Perry says that



boyfriend John Mayer is "literally a genius." If that's true you'd imagine he'd be able to teach her the correct use of "literally."

Apple has now passed Coca-Cola as the most valu**able brand**. And yet, in a game of Rock, Apple, Big Vat of Coca-Cola, Coca-Cola kills your iPhone every time.



New baby boy for Berry

Halle Berry and husband Olivier Martinez are celebrating a new arrival, as the Oscarwinning actress reportedly gave birth to the couple's first child, a son, in Los Angeles this weekend, according to E! News. This is Berry's second child, after her five-year-old daughter, Nahla, with ex-boyfriend Gabriel Aubry. Martinez confirmed the baby's gender back in June, telling People magazine, "I remain a Frenchman in America, but I adapt to American culture. I feel good there, but I'm still a foreigner. My son will be an American, but I will remain French.'









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content from Lyranda Martin

why with exclusive Metro



Hotel lunch

Put the iron to use

Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two

slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. EVELYN HANNON/ YUMMYMUMMYCLUB.CA

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together. It's like it had

never been cut-and there are no exposed parts to turn brown. Brilliant and healthy!

LEAH LEITCH/YUMMYMUMMYCLUB.





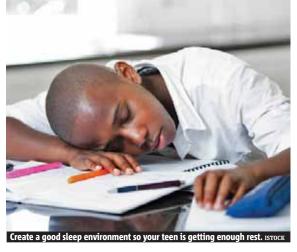
Mr. Sandman, bring my teen a dream — a nine-hour one

Tips. Help your teen have sweet dreams

ANDREA NAIR

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

that teens are sleeping fewer hours as compared to 20 Recent studies identified years ago, and showed that



60 per cent of teens will keep their cellphones in their rooms and respond to a text

a night. What does this mean for parents? It is critical that we be the keepers of our teens'

Here are four suggestions to help your teen sleep better:

Consistent sleep routine

Sleep routines are not just for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Remove and turn off all mobile devices at night

Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from

the bed as you can. Some families have a "device bin' where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police

Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun.

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Pep in your step and peppers in your oven



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This is a great meal, nutrition wise. It contains whole grains, lean protein, dairy and vegetables. The kidney beans are a very good source of fibre, containing 6 grams per cup.

- **1.** Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.
- **2.** In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and sim-

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

mer 25 minutes or until the rice is tender. Drain any excess stock.

- 3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.
- **4.** Add cooked rice, beans, chili powder, basil, cumin,

salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

- **5.** Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.
- **6.** Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef1 1/2 cups canned red kidney
- beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers



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metr⊕ **WORK/EDUCATION**

Skype breaks boundaries in language education

Distance learning.

Conversing via web video is 'amazingly similar to a one-onone class,' says the founder of Live Lingua

SHURE

orld News in New York

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to understand the importance of practising conversation skills with native speakers — and Skype helps learners connect with such speakers.

"It's amazingly similar to a one-on-one class," Blakney says. "It really feels like you're sitting there talking to these people. You don't have to sacrifice that much.'

Live Lingua offers several languages and dialects, and most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

For students whose focus is more on grammar, reading or writing, Skype coursework does have its limitations. Joseph Miranda, founder of NoteFull, started his company to prepare students for the TOEFL exam. TOEFL is an advanced English proficiency test required for non-native speakers to study or practise in the U.S. NoteFull uses Skype for tutoring sessions, but relies primarily on other web teaching materials.

Liliana Novikova, a multilingual foreign language teacher based in Ukraine, agrees that Skype lessons are best for non-beginners. For them, teachers prefer a textbook

Limitations of Skype

- "Skype doesn't lend itself to presenting information," says Joseph Miranda, founder of NoteFull. "Coupled with a website, then it becomes effective. For writing, you'd be texting back and forth."
- Still, it offers major scheduling advantages for busy adults: "Skype is on 24 hours a day, seven days a week," he said. "So it lends itself to flexibility."

they can point to, or to draw pictures and examples. And at any level, lessons can be sabotaged by spotty Internet connections. "It's rarely infallible," Novikova says. "Most classes are interrupted at least once."

Despite Skype's shortcomings, Novikova is still pleased to connect with students she otherwise couldn't.



Skype is the newest platform for foreign-language education. GETTY IMAGI

"It offers complete geographical freedom. But students and teachers still feel connected to each other, and they can achieve almost the same progress as they would face-to-face.

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Liliana Novikova, a multilingual foreign language teacher based in Ukraine

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'Round the world wisdom

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.



THE DESERT

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising \$25,000 for a charitable cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing

my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it reignited my commitment to the project.

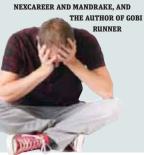
Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the

Tying your actions to a cause can keep you motivated if you encounter a discouraging situation. GETTY IMAGES

strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings

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MLB

Dodgers batter Braves for 2-1 lead

Carl Crawford hit a threerun homer, Juan Uribe added a two-run shot and the Los Angeles Dodgers routed the Atlanta Braves 13-6 on Sunday night for a 2-1 lead in their best-offive NL division series.

Hanley Ramirez and Yasiel Puig each had three hits and scored three times on a big night at the plate for the Dodgers, who matched a franchise record for runs in a postseason game. Brooklyn beat the New York Yankees 13-8 in Game 2 of the 1956 World Series.

Game 4 on Monday night will feature starting pitchers Ricky Nolasco for the Dodgers and Freddy Garcia for the Braves.

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NFL

Romo runs out of bullets, loses to Manning's Broncos

Matt Prater kicked a 28-yard field goal as time expired and Peyton Manning and Denver overcame the first 500-yard passing game in Dallas history to keep the Broncos unbeaten with a 51-48 victory over the Cowboys on Sunday.

Manning maintained his record pace of touchdown passes to start the season and finished with 414 yards and four scores for Denver (5-0).

Tony Romo threw for 506 yards and five touch-downs for Dallas (2-3), but he was intercepted by Danny Trevanthan inside the Dallas 30 to set up Prater's winning kick.

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The Canucks' Mike Santorelli scores past Flames goalie Joey Macdonald in overtime at the Scotiabank Saddledome on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Canucks complete comeback win in OT

NHL. Santorelli's second goal of the game denies Flames two points in OT

Mike Santorelli scored at 3:17 in overtime to lift the Vancouver Canucks to a 5-4 win over the Calgary Flames on Sunday in NHL action.

The Canucks scored three straight goals in the third period to gain a lead, but Calgary's David Jones sent the

On Sunday

5

Canucks

Flames

game into extra time with 19 seconds remaining in regulation as Flames goaltender Joey MacDonald was on the bench

for a sixth attacker. Dale Weise, Jannik Hansen and Santorelli scored in the third after the Canucks fell behind 3-1 early in the period. David Booth also scored for the visitors in the first period.

It was the second win in as many nights for Vancouver (2-1-0), who beat the Edmonton Oilers 4-2 on Saturday in Vancouver's home-opener.

Canucks backup goaltender Eddie Lack made 32 saves in his first career regular-season NHL game. Roberto Luongo had made 21 saves against the Oilers

Mikael Backlund, Sean Mo-

nahan and Calgary captain Mark Giordano also scored for the Flames (1-0-2). It was the second goal in three games for 18-year-old Monahan, who was selected sixth overall by Calgary in the 2013 NHL draft.

MacDonald stopped 23 shots in his second straight start after picking up the win in Calgary's 4-2 decision over Columbus on Friday.

Calgary hosts the Montreal Canadiens on Wednesday. The Canucks are at home to the New Jersey Devils on Tuesday. THE CANADIAN PRESS

New Flames pair embrace hockey at home



Flames forward T.J. Galiard GETTY IMAGES

Calgary Flames forwards Joe Colborne and T.J. Galiardi are already experiencing the ups and downs of playing for their hometown NHL team.

Considering less than a dozen NHL players born in Calgary had previously played for the Flames, it's noteworthy the club has two on the roster this season.

Calgary acquired Colborne from the Toronto Maple Leafs for a fourth-round draft pick just a week prior to Sunday's home-opener against the Vancouver Canucks. The Flames got Galiardi from the San Jose Sharks in July for a fourthround pick.

Among the Calgarians who spent time in a Flames uniform were goaltender Mike Vernon, defenceman Brad Ference and forwards Bob Bassen, Tim Hunter and Dana Murzyn.

While Colborne and Galiardi will have larger cheering sections than their teammates at Scotiabank Saddledome this season, ticket demand from family and friends was already more

Joe's homework

"I want to be able to step in and develop trust from my teammates and the coaches."

Joe Colborne, who is putting in extra time in the video room to learn the Flames systems.

than they could satisfy.

"There's a lot of people asking for a lot of things," Galiardi said Sunday.

"I don't look at it as a negative at all. If anything, you just have more support."
Added Colborne: "I've

Added Colborne: "I've kind of had to distance myself from my phone the last few days. The ticket guys have been making it a really easy transition. I've had to tell a few people 'maybe next time."

In a city of a million people, dozens of Calgarians have played with and against Galiardi and Colborne during their minor hockey days. Anonymity will be more elusive for the pair when they're off the ice. THE CANADIAN PRESS



CFL. Star RB ready to stamp his name into record books again after career-high numbers in Calgary win

Calgary Stampeders running back Jon Cornish has ample opportunities to upgrade his own CFL record.

With four games remaining in the regular season, the New Westminster, B.C., native is less than 50 yards from bettering his single-season rushing record by a Canadian running back.

Cornish ran for a pair of touchdowns and a career-high 208 yards in Calgary's 38-11 win over the Winnipeg Blue Bombers on Saturday.

At 1,415 yards, Cornish overtook Saskatchewan's Kory Sheets as the CFL's leading rusher.

Cornish set his record of



1,457 yards in the final regular-season game of 2012. He bettered Norm Kwong's mark of 1,437 that had stood for 56 years.

The 28-year-old said he won't reach the personal goal he'd set for himself this season - and Cornish did not reveal that number - because he

missed one game due to injury. Cornish is still motivated to see how far past last season's total he can go.

"The mark I was aiming for, I won't be able to get there, but I'll try and see how far I can get," he said. "I want to see what I'm capable of. That's why I play this game, to push my body to the maximum.

Maurice Price and Marquay McDaniel had touchdown catches for the Stampeders, who topped the league and the West Division at 11-3. Rene Paredes contributed three fields goals to reach a career-high 41 this season.

Will Ford scored on a 100yard kickoff return for Winnipeg. Kicker Sandro DeAngelis, a former Stampeder, made one of two field-goal attempts in front of an announced crowd of 26,293 at McMahon Stadium.

Stampeders quarterback Kevin Glenn improved to 7-2 in starts this season with two touchdowns and no picks.

THE CANADIAN PRESS



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NHL

EASTERN CONFERENCE

AILANIIC	וכועוע	ON						
	GP	W	L	0L	GF	GΑ	Pt	
Toronto	3	3	0	0	12	8	6	
Boston	2	2	0	0	7	2	4	
Detroit	3	2	1	0	6	7	4	

12 8 7 5 9 5 5 6 5 4 7 4 Ottawa 0 1 Florida Montreal 1 1 0 1 1 0 Tampa Bay Buffalo 0 3 0

METROPOLITAN DIVISION

	GP	W	L	0L	GF	GΑ	Pt
Pittsburgh	2	2	0	0	7	1	4
Carolina	2	1	0	1	4	4	3
NY Islanders	2	1	0	1	6	6	3
Columbus	2	1	1	0	6	6	2
Washington	3	1	2	0	10	12	2
New Jersey	2	0	1	1	3	7	1
NY Rangers	1	0	1	0	1	4	0
Philadelphia	3	0	3	0	3	9	0

Sunday's results Carolina 2 Philadelphia 1 Anaheim 3 Winnipeg 2 Vancouver 5 Calgary 4 (OT) Saturday's results Montreal 4 Philadelphia 1 Pittsburgh 4 Buffalo 1 Boston 4 Detroit 1 Toronto 5 Ottawa 4 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GΑ	Pt	
St. Louis	2	2	0	0	11	2	4	
Colorado	2	2	0	0	9	2	4	
Winnipeg	3	2	1	0	12	10	4	
Chicago	2	1	0	1	8	7	3	
Dallas	2	1	1	0	4	5	2	
Minnesota	2	0	0	2	5	7	2	
Nashville	2	0	2	0	3	7	0	

PACIFIC DIVISION

	GP	W	L	0L	GF	GΑ	Pt
San Jose	2	2	0	0	8	2	4
Anaheim	3	2	1	0	8	11	4
Vancouver	3	2	1	0	12	10	4
Calgary	3	1	0	2	12	13	4
Phoenix	2	1	1	0	5	5	2
Los Angeles	2	1	1	0	6	7	2
Edmonton	2	0	2	0	6	11	0
Note: Two point	s for	a w	in,	one	poin	t for	
overtime loss.							

Tampa Bay 3 Chicago 2 (SO) Dallas 2 Washington 1 St. Louis 7 Florida 0 Anaheim 4 Minnesota 3 (OT) Vancouver 6 Edmonton 2 San Jose 4 Phoenix 1 Monday's games — All Times Eastern

New Jersey at Edmonton, 9:30 p.m. NY Rangers at Los Angeles, 10:30 p.m

Columbus 3 NY Islanders 2 (SO) NFL

WEEK 5

NISSAN

Sunday's results Indianapolis 34 Seattle 28 St. Louis 34 Jacksonville 20 Cincinnati 13 New England 6 Kansas City 26 Tennessee 17 Baltimore 26 Miami 23 New Orleans 26 Chicago 18 Philadelphia 36 N.Y. Giants 21 Green Bay 22 Detroit 9 Denver 51 Dallas 48 San Francisco 34 Houston 3 San Diego at Oakland Monday's game — All Times Eastern N.Y. Jets at Atlanta, 8:40 p.m.

WEEK 6

Thursday's game N.Y. Giants at Chicago, 8:25 p.m. **Sunday's games** Detroit at Cleveland, 1 p.m. Green Bay at Baltimore, 1 p.m. St. Louis at Houston, 1 p.m. Cincinnati at Buffalo, 1 p.m. Pittsburgh at N.Y. Jets, 1 p.m. Philadelphia at Tampa Bay, 1 p.m. Carolina at Minnesota, 1 p.m. Oakland at Kansas City, 1 p.m. Tennessee at Seattle, 4:05 p.m. Jacksonville at Denver, 4:05 p.m.

New Orleans at New England, 4:25 p.m. Arizona at San Francisco, 4:25 p.m.

Washington at Dallas, 8:30 p.m.

CFL WEEK 15

EAST DIVISION

	GP	W	L	Т	PF	PA	Pts
Toronto	14	9	5	0	407	370	18
Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4
MIECT DIV	1010	81					

	GP	W	L	Т	PF	PA	Pts
Calgary	14	11	3	0	446	323	22
Saskatchewan	14	9	5	0	419	316	18
B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6
Saturday's re	cult	2					

Montreal 47 Edmonton 24 Calgary 38 Winnipeg 11

MLB

AL DIVISION SERIES

DETROIT VS. OAKLAND

(Series tied 1-1)
Saturday's result
Oakland 1 Detroit 0
Monday's game — All Times Eastern
Oakland (Parker 12-8) at Detroit (Sanchez

14-8), 1:07 p.m

BOSTON VS. TAMPA BAY

(Boston leads series 2-0) (Boston leads series 2-0)
Saturday's result
Boston 7 Tampa Bay 4
Monday's game
Boston (Buchholz 12-1) at Tampa Bay
(Cobb 11-3), 6:07 p.m.

NL DIVISION SERIES

L.A. DODGERS VS. ATLANTA

(Series tied 1-1) Sunday's result Atlanta at L.A. Dodgers Friday's result
Atlanta 4 L.A. Dodgers 3 Monday's game
Atlanta (Garcia 1-2) at L.A. Dodgers
(Nolasco 13-11), 9:37 p.m.

ST. LOUIS VS. PITTSBURGH

(Pittsburgh leads series 2-1) Sunday's result Pittsburgh 5 St. Louis 3 Pittsburgh 7 St. Louis 3 Friday's result Pittsburgh 7 St. Louis 1 Monday's game St. Louis (Wacha 4-1) at Pittsburgh (Morton 7-4), 3:07 p.m.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

chum

27. Stuff collected

28. Theatre (Sas-

katoon theatre com-

pany named after an

29. Payment in poker

31. Some old Jeeps,

32. Meadowland

33. Super-duper

34. Greek†alphabet

35. Jim Carrey movie,

"The __" (1994) 37. Casual material

40. Music key,

41. The __ Coast

44. Kidney, and

45. The Snowbirds

46. From Depeche

Eyes": "Let me take

Mode's "World In My

47. Police squads, e.g.

ancient goddess)

30. Greek Myth:

Charon's river

e.a.

sounds

letter

others

maneuver

you on

from research

↑ Aries

March 21 - April 20

If you are bored with the same old places and faces now is the time to make changes.

Taurus April 21 - May 21

An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

II Gemini

May 22 - June 21

The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

9 Cancer June 22 - July 23

You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

My Virgo Aug. 24 - Sept. 23

What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

△ Libra Sept. 24 - Oct. 23

Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

M Scorpio

Oct. 24 - Nov. 22

You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

プ Sagittarius Nov. 23 - Dec. 21

A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

り Capricorn

Dec. 22 - Jan. 20

The more others urge caution this week the more inclined you will be to take chances and you'll be glad you did.

Aquarius Jan. 21 - Feb. 19

Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

H Pisces Feb. 20 - March 20

Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

- 1. Mr. Jones of The Monkees
- 5. Abodes, hip-style
- 9. Desert hill
- 13. Mars: Prefix 14. Funny book
- 15. Swear

Across

- 16. Close at hand, in
- poetry
- 17. Reddish-brown hair rinse
- 18. Very dry
- 19. Seat for Queen Elizabeth on The Great Seal of Canada:
- 2 wds. 22. WSW opposite
- 23. "Assuming that's true...": 2 wds.
- 24. Unpositive utterance
- 25. Officially choose 27. "Dragons'
- 28. Dance step
- 31. Put up with
- 33. Barenaked Ladies' "The Old
- 36. French Sudan, now
- 37. Prices
- 38. Creative
- 39. Ontario town
- which is the ancient Roman word meaning 'Scotland'
- 41. Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth
- and __" (1939) 42. Compass dir.
- 43. Soldier's food-in-a-

packet [acronym] 44. Make cake 45. Craze

- 46. Enzyme suffixes 48. Energy
- 51. 1970 October Crisis: Prime Minister Trudeau's famous
- quote: 4 wds. 56. Sanction
- 57. Aired again 58. "__!... I Did It

Again" 59. Sentence segment

- 60. Skips 61. Not tricked: 2 wds.
- 62. Guitar great Duane
- 63. Puppy's protests! 64. Car starters
- Down

1. Have fun at the

- nightclub 2. Dolphin-riding Greek poet 3. Alberta town which
- is east of Edmonton National Park, BC
- 5. The Tragically Hip song
- 6. Prenatal test, commonly 7. Wilma's pet
- 8. 1981 David Cronenberg horror movie
- 10. Eye part 11. "Me neither.":

- 20. Evening, in-
- 9. Sprint-like
- 2 wds.
- formally 21. Isn't able 26. Comical cat's
- 49. Beerless beer bottle 50. Monetary units in Mexico 51. Created carpeting 52. Added to income, with hard work
- 12. Washstand vessel 14. Fray
 - 53. Grease 54. Quasi
 - 55. Work in the kitchen

Friday's Crossword

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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	3	9	4	8	1	5	8	7
4	1	7	3	8	5	6	2	9
5	6	8	9	7	2	3	4	1
6	9	4	1	5	8	2	7	3
1	5	2	7	3	4	8	9	6
8	7	3	2	9	6	1	5	4
7	4	1	5	2	3	9	6	8
9	2	6	8	1	7	4	3	- 6
3	8	5	6	4	9	7	1	2

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						5	3	8
7				3				2
2	8	3						
		7			6	3		
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				5	2		6	

TODAY

MAX: 14°

MIN: 6

TUESDAY

· **

MAX: 11° MIN:6













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